



# HEALTH AND LIFE SKILLS

Kindergarten to Grade 9

## *AUTHORIZED ALBERTA RESOURCE LIST*


March 2001 Draft



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# HEALTH AND LIFE SKILLS

Kindergarten to Grade 9

## *AUTHORIZED ALBERTA RESOURCE LIST*

March 2001 Draft



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# OVERVIEW

## New Health and Life Skills Resources

This list of Health and Life Skills resources, Kindergarten to Grade 9, contains resources that have been authorized for use in Alberta schools. Alberta Learning selects and authorizes the best possible instructional materials for the implementation of approved programs of study. The resource authorization categories are **student basic**, **student support** or **authorized teaching**, and the status is noted for each resource.

**Student Basic** learning resources are those student learning resources authorized by Alberta Learning as the most appropriate for addressing the majority of outcomes of the course(s) or substantial components of the course(s); or the most appropriate for meeting general outcomes across two or more grade levels.

**Student Support** learning resources are those student learning resources authorized by Alberta Learning to assist in addressing some of the outcomes of the course(s) or components of the course(s); or to assist in meeting the outcomes across two or more grade levels.

**Authorized Teaching** resources are those teaching resources identified as the best available resources to support the implementation of programs of study and courses; they may be teacher guides to accompany student resources or teacher professional resources. The authorized teaching guides are listed with the student resources.

The review of these Alberta authorized resources began in spring 2000 and continues through to fall 2001. Resources with human sexuality content are currently under review and will be included in the next draft of this resource list.

The list of these resources is organized by grade, Kindergarten to Grade 9. The resources in each grade are sorted by each of the general outcomes:

- General Outcome 1 – Wellness Choices
- General Outcome 2 – Relationship Choices
- General Outcome 3 – Life Learning Choices

### Note:

Alberta Learning strongly recommends that teachers read all selections in the student texts and all activities in the teacher guides prior to using them with students. Careful consideration should be given to the sensitivities of both the student audience and the community.

## Resource Annotations

Annotations providing more detailed information for these new Alberta resources are in preparation.

## Availability

Most of the new Alberta resources are available for purchase from:

Learning Resources Centre  
12360 – 142 Street, Edmonton, AB T5L 4X9  
Phone: (780) 427-5775  
Fax: (780) 422-9750  
Internet: <<http://www.lrc.learning.gov.ab.ca>>

LRC order numbers and prices (as of the printing of this booklet) are included for each resource.

## Authorized Health and Life Skills Resources

For a **complete** list of Health and Life Skills resources, consult the Learning Resources Centre *Buyers Guide*. Some of the older resources will be withdrawn from authorized status in the year(s) ahead.

A comprehensive list of all authorized Health and Life Skills resources, **both old and new**, will be compiled at the conclusion of this resource review, and should be available in fall 2001.

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# Health and Life Skills Authorized Alberta Resources KINDERGARTEN

## General Outcome 1 – Wellness Choices

### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Brushing Well <i>Dental Health</i>	1999	Knowbuddy Resources	Support K, 1	LRC 440058 \$14.45
Clean Kids	1998	KineticVideoCom/MarshMedia/Omega Films Limited	Support K, 1	ACCESS the Education Station
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Food for Healthy Teeth <i>Dental Health</i>	1999	Knowbuddy Resources	Support K, 1	LRC 440032 \$14.45
Going to the Dentist <i>Dental Health</i>	1999	Knowbuddy Resources	Support K, 1	LRC 440024 \$14.45
Guide to the Control of Communicable Diseases (Pamphlet; Poster)	1998	Capital Health Community Health Promotion	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Kids with Diabetes in Your Care: A Practical Guide	1998	Canadian Diabetes Association	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	Vendor Direct (Available Free of Charge)
Let's Talk about Good Manners <i>Let's Talk Library</i>	1997	Knowbuddy Resources	Support K, 1	LRC 440131 \$18.80
Let's Talk about Head Lice <i>Let's Talk Library</i>	1999	Knowbuddy Resources	Support K, 1, 2, 3	LRC 440157 \$18.80
Lions-Quest: Skills for Growing: K (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching K	Publisher / Distributor (By Inservice Only)
Nutrition P.I.: Primary Ideas for Active Learning (Revised Edition) (Kit)	1999	Dairy Nutrition Council of Alberta	Authorized Teaching K, 1, 2, 3	Publisher / Distributor (By Inservice Only)

# Health and Life Skills Authorized Alberta Resources

## KINDERGARTEN

### General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Wash Those Hands!	1996	MarshMedia / Omega Films	Support K, 1	LRC / Publisher / Distributor Pending
We Need Doctors <i>Helpers in Our Community</i>	2000	Knowbuddy Resources	Support K	LRC 439910 \$14.45
We Need Fire Fighters <i>Helpers in Our Community</i>	2000	Knowbuddy Resources	Support K	LRC 439944 \$14.45
We Need Nurses <i>Helpers in Our Community</i>	2000	Knowbuddy Resources	Support K	LRC 439978 \$14.45
We Need Police Officers <i>Helpers in Our Community</i>	2000	Knowbuddy Resources	Support K	LRC 439994 \$14.45
Your Teeth <i>Dental Health</i>	1999	Knowbuddy Resources	Support K, 1	LRC 440040 \$14.45



# Health and Life Skills Authorized Alberta Resources

## KINDERGARTEN

### General Outcome 2 – Relationship Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Afraid <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438970 \$20.25
Are You My Neighbour? <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1	Vendor Direct
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Feelings and Faces	1999	Omega Films Limited	Support K, 1	Vendor Direct
Flibber-O-Loo <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1, 2	Vendor Direct
Frustrated <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438996 \$20.25
Glad <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439027 \$20.25
Grapes of Wrath <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1, 2	Vendor Direct
Help <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439043 \$20.25
I'm Sorry <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439035 \$20.25
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55

# Health and Life Skills Authorized Alberta Resources

## KINDERGARTEN

### General Outcome 2 – Relationship Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Let's Talk about Good Manners <i>Let's Talk Library</i>	1997	Knowbuddy Resources	Support K, 1	LRC 440131 \$18.80
Let's Talk about Head Lice <i>Let's Talk Library</i>	1999	Knowbuddy Resources	Support K, 1, 2, 3	LRC 440157 \$18.80
Lions-Quest: Skills for Growing: K (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching K	Publisher / Distributor (By Inservice Only)
Please <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439019 \$20.25
Sharing <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439001 \$20.25
Success <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438962 \$20.25
Talking about Bullying <i>Talking About</i>	2000	Saunders Book Company	Support K, 1	LRC 438954 \$26.10
Thanks <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438988 \$20.25
We Need Doctors <i>Helpers in Our Community</i>	2000	Knowbuddy Resources	Support K	LRC 439910 \$14.45
We Need Fire Fighters <i>Helpers in Our Community</i>	2000	Knowbuddy Resources	Support K	LRC 439944 \$14.45
We Need Nurses <i>Helpers in Our Community</i>	2000	Knowbuddy Resources	Support K	LRC 439978 \$14.45
We Need Police Officers <i>Helpers in Our Community</i>	2000	Knowbuddy Resources	Support K	LRC 439994 \$14.45



# Health and Life Skills Authorized Alberta Resources KINDERGARTEN

## General Outcome 3 – Life Learning Choices

### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Afraid <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438970 \$20.25
Are You My Neighbour? <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1	Vendor Direct
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
Flibber-O-Loo <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1, 2	Vendor Direct
Frustrated <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438996 \$20.25
Glad <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439027 \$20.25
Grapes of Wrath <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1, 2	Vendor Direct
Help <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439043 \$20.25
I'm Sorry <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439035 \$20.25
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Lions-Quest: Skills for Growing: K (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching K	Publisher / Distributor (By Inservice Only)
Please <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439019 \$20.25



# Health and Life Skills Authorized Alberta Resources

## KINDERGARTEN

### General Outcome 3 – Life Learning Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Sharing <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439001 \$20.25
Success <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438962 \$20.25
Thanks <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438988 \$20.25
We Need Doctors <i>Helpers in Our Community</i>	2000	Knowbuddy Resources	Support K	LRC 439910 \$14.45
We Need Fire Fighters <i>Helpers in Our Community</i>	2000	Knowbuddy Resources	Support K	LRC 439944 \$14.45
We Need Nurses <i>Helpers in Our Community</i>	2000	Knowbuddy Resources	Support K	LRC 439978 \$14.45
We Need Police Officers <i>Helpers in Our Community</i>	2000	Knowbuddy Resources	Support K	LRC 439994 \$14.45



# Health and Life Skills Authorized Alberta Resources

## GRADE 1

### General Outcome 1 – Wellness Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Brushing Well <i>Dental Health</i>	1999	Knowbuddy Resources	Support K, 1	LRC 440058 \$14.45
Clean and Healthy <i>Safe and Sound</i>	2000	Knowbuddy Resources	Support 1, 2	LRC 439499 \$21.70
Clean Kids	1998	KineticVideoCom/MarshMedia/Omega Films Limited	Support K, 1	ACCESS the Education Station
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
A First Book about Bodies <i>Look and Learn</i>	1999	Saunders Book Company	Support 1	LRC 438946 \$21.70
Food for Healthy Teeth <i>Dental Health</i>	1999	Knowbuddy Resources	Support K, 1	LRC 440032 \$14.45
Going to the Dentist <i>Dental Health</i>	1999	Knowbuddy Resources	Support K, 1	LRC 440024 \$14.45
Guide to the Control of Communicable Diseases (Pamphlet; Poster)	1998	Capital Health Community Health Promotion	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Healthy Bodies: Grade 1 <i>Lions-Quest: Healthy Bodies</i>	1999	Lions-Quest Canada	Authorized Teaching 1	LRC Pending
A Healthy Body <i>Safe and Sound</i>	2000	Knowbuddy Resources	Support 1, 2	LRC 439506 \$21.70
Kids with Diabetes in Your Care: A Practical Guide	1998	Canadian Diabetes Association	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	Vendor Direct (Available Free of Charge)
Let's Talk about Being a Good Friend <i>Let's Talk Library</i>	2000	Knowbuddy Resources	Support 1	LRC 440123 \$18.80

# Health and Life Skills Authorized Alberta Resources

## GRADE 1

### General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Let's Talk about Good Manners <i>Let's Talk Library</i>	1997	Knowbuddy Resources	Support K, 1	LRC 440131 \$18.80
Let's Talk about Head Lice <i>Let's Talk Library</i>	1999	Knowbuddy Resources	Support K, 1, 2, 3	LRC 440157 \$18.80
Let's Talk about Living in a Blended Family <i>Let's Talk Library</i>	1996	Knowbuddy Resources	Support 1	LRC 440165 \$18.80
Lions-Quest: Skills for Growing: 1 (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching 1	Publisher / Distributor (By Inservice Only)
Nutrition P.I.: Primary Ideas for Active Learning (Revised Edition) (Kit)	1999	Dairy Nutrition Council of Alberta	Authorized Teaching K, 1, 2, 3	Publisher / Distributor (By Inservice Only)
Safety First <i>Safe and Sound</i>	2000	Knowbuddy Resources	Support 1, 2	LRC 439514 \$21.70
Staying Healthy: Dental Care <i>Library of Healthy Living, The</i>	1997	Knowbuddy Resources	Support 1, 2	LRC 440420 \$20.25
Staying Healthy: Let's Exercise <i>Library of Healthy Living, The</i>	1997	Knowbuddy Resources	Support 1	LRC 440438 \$20.25
Staying Healthy: Personal Safety <i>Library of Healthy Living, The</i>	1997	Knowbuddy Resources	Support 1, 2	LRC 440446 \$20.25
Think & Drive: Safety Starts with You: Traffic Safety Guide for Elementary Schools	1996	Alberta Infrastructure Transportation Safety Services Division	Authorized Teaching 1, 2, 3	LRC Pending
Wash Those Hands!	1996	MarshMedia / Omega Films	Support K, 1	LRC / Publisher / Distributor Pending
Your Teeth <i>Dental Health</i>	1999	Knowbuddy Resources	Support K, 1	LRC 440040 \$14.45





# Health and Life Skills Authorized Alberta Resources

## GRADE 1

### General Outcome 2 – Relationship Choices

#### Please Note:

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Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Afraid <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438970 \$20.25
Are You My Neighbour? <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1	Vendor Direct
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
Courtesy Counts	1999	MarshMedia / Omega Films	Support 1	LRC / Publisher / Distributor
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Feelings and Faces	1999	Omega Films Limited	Support K, 1	Vendor Direct
50 Activities for Teaching Emotional Intelligence: Level I: Elementary <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	LRC 438805 \$32.60
Flibber-O-Loo <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1, 2	Vendor Direct
Frustrated <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438996 \$20.25
Glad <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439027 \$20.25
Grapes of Wrath <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1, 2	Vendor Direct
Help <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439043 \$20.25

# Health and Life Skills Authorized Alberta Resources

## GRADE 1

### General Outcome 2 – Relationship Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
I'm Sorry <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439035 \$20.25
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Larry Boy and the Fib from Outer Space <i>Veggie Tales</i>	1998	Omega Films Limited	Support 1	Vendor Direct
Let's Talk about Being a Good Friend <i>Let's Talk Library</i>	2000	Knowbuddy Resources	Support 1	LRC 440123 \$18.80
Let's Talk about Good Manners <i>Let's Talk Library</i>	1997	Knowbuddy Resources	Support K, 1	LRC 440131 \$18.80
Let's Talk about Head Lice <i>Let's Talk Library</i>	1999	Knowbuddy Resources	Support K, 1, 2, 3	LRC 440157 \$18.80
Let's Talk about Living in a Blended Family <i>Let's Talk Library</i>	1996	Knowbuddy Resources	Support 1	LRC 440165 \$18.80
Lions-Quest: Skills for Growing: 1 (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching 1	Publisher / Distributor (By Inservice Only)
Please <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439019 \$20.25
Sharing <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439001 \$20.25
Success <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438962 \$20.25
Talking about Bullying <i>Talking About</i>	2000	Saunders Book Company	Support K, 1	LRC 438954 \$26.10
Thanks <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438988 \$20.25



# Health and Life Skills Authorized Alberta Resources

## GRADE 1

### General Outcome 3 – Life Learning Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Afraid <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438970 \$20.25
Are You My Neighbour? <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1	Vendor Direct
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
50 Activities for Teaching Emotional Intelligence: Level I: Elementary <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	LRC 438805 \$32.60
Flibber-O-Loo <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1, 2	Vendor Direct
Frustrated <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438996 \$20.25
Glad <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439027 \$20.25
Grapes of Wrath <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1, 2	Vendor Direct
Healthy Bodies: Grade 1 <i>Lions-Quest: Healthy Bodies</i>	1999	Lions-Quest Canada	Authorized Teaching 1	LRC Pending
Help <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439043 \$20.25
I'm Sorry <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439035 \$20.25
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55

# Health and Life Skills Authorized Alberta Resources

## GRADE 1

### General Outcome 3 – Life Learning Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Larry Boy and the Fib from Outer Space <i>Veggie Tales</i>	1998	Omega Films Limited	Support 1	Vendor Direct
Lions-Quest: Skills for Growing: 1 (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching 1	Publisher / Distributor (By Inservice Only)
Please <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439019 \$20.25
Sharing <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 439001 \$20.25
Success <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438962 \$20.25
Thanks <i>Thoughts and Feelings</i>	2000	Knowbuddy Resources	Support K, 1	LRC 438988 \$20.25





# Health and Life Skills Authorized Alberta Resources

## GRADE 2

### General Outcome 1 – Wellness Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Adventures of Dowzer (Fire and Burn Prevention Program)	1999	Dowzer Communications Group Inc.	Authorized Teaching 2, 3, 4	LRC 440462 \$52.65
Clean and Healthy <i>Safe and Sound</i>	2000	Knowbuddy Resources	Support 1, 2	LRC 439499 \$21.70
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Exercise and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 2, 3, 4, 5	LRC Pending
Food and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 2, 3, 4, 5	LRC Pending
Guide to the Control of Communicable Diseases (Pamphlet; Poster)	1998	Capital Health Community Health Promotion	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Healthy Bodies: Grade 2 <i>Lions-Quest: Healthy Bodies</i>	1999	Lions-Quest Canada	Authorized Teaching 2	LRC Pending
A Healthy Body <i>Safe and Sound</i>	2000	Knowbuddy Resources	Support 1, 2	LRC 439506 \$21.70
Healthy Lifestyle Choices for Cancer Prevention: Resource for Teachers	2000	Alberta Cancer Board, Division of Epidemiology	Authorized Teaching 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Hygiene and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 2, 3, 4, 5	LRC Pending
Kids with Diabetes in Your Care: A Practical Guide	1998	Canadian Diabetes Association	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	Vendor Direct (Available Free of Charge)
Let's Talk about Head Lice <i>Let's Talk Library</i>	1999	Knowbuddy Resources	Support K, 1, 2, 3	LRC 440157 \$18.80

# Health and Life Skills Authorized Alberta Resources

## GRADE 2

### General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Lions-Quest: Skills for Growing: 2 (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching 2	Publisher / Distributor (By Inservice Only)
My Breakfast <i>My World</i>	2000	Knowbuddy Resources	Support 2	LRC 439481 \$15.90
Nutrition P.I.: Primary Ideas for Active Learning (Revised Edition) (Kit)	1999	Dairy Nutrition Council of Alberta	Authorized Teaching K, 1, 2, 3	Publisher / Distributor (By Inservice Only)
Safety First <i>Safe and Sound</i>	2000	Knowbuddy Resources	Support 1, 2	LRC 439514 \$21.70
Staying Healthy: Dental Care <i>Library of Healthy Living, The</i>	1997	Knowbuddy Resources	Support 1, 2	LRC 440420 \$20.25
Staying Healthy: Eating Right <i>Library of Healthy Living, The</i>	1997	Knowbuddy Resources	Support 2	LRC 440280 \$20.25
Staying Healthy: Personal Safety <i>Library of Healthy Living, The</i>	1997	Knowbuddy Resources	Support 1, 2	LRC 440446 \$20.25
Think & Drive: Safety Starts with You: Traffic Safety Guide for Elementary Schools	1996	Alberta Infrastructure Transportation Safety Services Division	Authorized Teaching 1, 2, 3	LRC Pending



# Health and Life Skills Authorized Alberta Resources

## GRADE 2

### General Outcome 2 – Relationship Choices

**Please Note:**

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Amazing Mallika (Student Book)	1997	MarshMedia	Support 2, 3	LRC 441999 \$29.75
Bea's Own Good (Student Book)	1997	MarshMedia	Support 2	LRC 442004 \$29.75
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Dealing with Anger <i>Conflict Resolution Library</i>	1996	Knowbuddy Resources	Support 2, 3	LRC 440082 \$18.80
Dealing with Bullying <i>Conflict Resolution Library</i>	1996	Knowbuddy Resources	Support 2	LRC 440066 \$18.80
Dealing with Hurt Feelings <i>Conflict Resolution Library</i>	1997	Knowbuddy Resources	Support 2	LRC 440074 \$18.80
Dealing with Teasing <i>Conflict Resolution Library</i>	1997	Knowbuddy Resources	Support 2, 3	LRC 440107 \$18.80
50 Activities for Teaching Emotional Intelligence: Level I: Elementary <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	LRC 438805 \$32.60
Flibber-O-Loo <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1, 2	Vendor Direct
Grapes of Wrath <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1, 2	Vendor Direct

# Health and Life Skills Authorized Alberta Resources

## GRADE 2

### General Outcome 2 – Relationship Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Inger's Promise (Student Book)	1996	MarshMedia	Support 2, 3	LRC 441098 \$29.75
Jackson's Plan (Student Book)	1998	MarshMedia	Support 2, 3	LRC 441204 \$29.75
Let's Talk about Head Lice <i>Let's Talk Library</i>	1999	Knowbuddy Resources	Support K, 1, 2, 3	LRC 440157 \$18.80
Lions-Quest: Skills for Growing: 2 (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching 2	Publisher / Distributor (By Inservice Only)
Plato's Journey (Student Book)	1998	MarshMedia	Support 2, 3	LRC 441197 \$29.75
Thank You, Meiling (Student Book)	1999	MarshMedia	Support 2	LRC 441212 \$29.75





# Health and Life Skills Authorized Alberta Resources

## GRADE 2

### General Outcome 3 – Life Learning Choices

**Please Note:**

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Bea's Own Good (Student Book)	1997	MarshMedia	Support 2	LRC 442004 \$29.75
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
50 Activities for Teaching Emotional Intelligence: Level I: Elementary <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	LRC 438805 \$32.60
Flibber-O-Loo <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1, 2	Vendor Direct
Grapes of Wrath <i>Veggie Tales</i>	1998	Omega Films Limited	Support K, 1, 2	Vendor Direct
Healthy Bodies: Grade 2 <i>Lions-Quest: Healthy Bodies</i>	1999	Lions-Quest Canada	Authorized Teaching 2	LRC Pending
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Jackson's Plan (Student Book)	1998	MarshMedia	Support 2, 3	LRC 441204 \$29.75
Lions-Quest: Skills for Growing: 2 (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching 2	Publisher / Distributor (By Inservice Only)





# Health and Life Skills Authorized Alberta Resources

## GRADE 3

### General Outcome 1 – Wellness Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Adventures of Dowzer (Fire and Burn Prevention Program)	1999	Dowzer Communications Group Inc.	Authorized Teaching 2, 3, 4	LRC 440462 \$52.65
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Exercise and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 2, 3, 4, 5	LRC Pending
Food and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 2, 3, 4, 5	LRC Pending
Guide to the Control of Communicable Diseases (Pamphlet; Poster)	1998	Capital Health Community Health Promotion	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Healthy Lifestyle Choices for Cancer Prevention: Resource for Teachers	2000	Alberta Cancer Board, Division of Epidemiology	Authorized Teaching 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Hygiene and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 2, 3, 4, 5	LRC Pending
Kids with Diabetes in Your Care: A Practical Guide	1998	Canadian Diabetes Association	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	Vendor Direct (Available Free of Charge)
Know Your Body Health Kit (Gr. 3) (Note: The five puppets were not authorized.)	2000	Kendall/Hunt Publishing Co.	Authorized Teaching 3	LRC Pending
Let's Talk about Head Lice <i>Let's Talk Library</i>	1999	Knowbuddy Resources	Support K, 1, 2, 3	LRC 440157 \$18.80
Lions-Quest: Skills for Growing: 3 (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching 3	Publisher / Distributor (By Inservice Only)
Nutrition P.I.: Primary Ideas for Active Learning (Revised Edition) (Kit)	1999	Dairy Nutrition Council of Alberta	Authorized Teaching K, 1, 2, 3	Publisher / Distributor (By Inservice Only)

# Health and Life Skills Authorized Alberta Resources

## GRADE 3

### General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Teacher's Guide: Grades 4-6 <i>PROJECT APEX</i>	1999	Dairy Nutrition Council of Alberta	Authorized Teaching 3, 4, 5, 6	Publisher / Distributor (By Inservice Only)
PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Action Pack <i>PROJECT APEX</i>	1999	Dairy Nutrition Council of Alberta	Authorized Teaching 3, 4, 5, 6	Publisher / Distributor (By Inservice Only)
Think & Drive: Safety Starts with You: Traffic Safety Guide for Elementary Schools	1996	Alberta Infrastructure Transportation Safety Services Division	Authorized Teaching 1, 2, 3	LRC Pending



# Health and Life Skills Authorized Alberta Resources

## GRADE 3

### General Outcome 2 – Relationship Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Amazing Mallika (Student Book)	1997	MarshMedia	Support 2, 3	LRC 441999 \$29.75
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Dealing with Anger <i>Conflict Resolution Library</i>	1996	Knowbuddy Resources	Support 2, 3	LRC 440082 \$18.80
Dealing with Fighting <i>Conflict Resolution Library</i>	1996	Knowbuddy Resources	Support 3	LRC 440115 \$18.80
Dealing with Teasing <i>Conflict Resolution Library</i>	1997	Knowbuddy Resources	Support 2, 3	LRC 440107 \$18.80
50 Activities for Teaching Emotional Intelligence: Level I: Elementary <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	LRC 438805 \$32.60
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Inger's Promise (Student Book)	1996	MarshMedia	Support 2, 3	LRC 441098 \$29.75
Jackson's Plan (Student Book)	1998	MarshMedia	Support 2, 3	LRC 441204 \$29.75
Know Your Body Health Kit (Gr. 3) (Note: The five puppets were not authorized.)	2000	Kendall/Hunt Publishing Co.	Authorized Teaching 3	LRC Pending

# Health and Life Skills Authorized Alberta Resources

## GRADE 3

### General Outcome 2 – Relationship Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Let's Talk about Head Lice <i>Let's Talk Library</i>	1999	Knowbuddy Resources	Support K, 1, 2, 3	LRC 440157 \$18.80
Lions-Quest: Skills for Growing: 3 (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching 3	Publisher / Distributor (By Inservice Only)
Managing Conflict: Strategies, Activities and Role Plays for Kids	1995	Monarch Books of Canada	Authorized Teaching 3, 4, 5, 6, 7, 8	LRC 438780 \$34.70
Plato's Journey (Student Book)	1998	MarshMedia	Support 2, 3	LRC 441197 \$29.75
Teasing and Bullying: Unacceptable Behaviour: The TAB Program	2000	Institute for Stuttering Treatment and Research	Authorized Teaching 3, 4, 5	LRC 440173 \$87.70





# Health and Life Skills Authorized Alberta Resources

## GRADE 3

### General Outcome 3 – Life Learning Choices

#### Please Note:

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Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
50 Activities for Teaching Emotional Intelligence: Level I: Elementary <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	LRC 438805 \$32.60
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Jackson's Plan (Student Book)	1998	MarshMedia	Support 2, 3	LRC 441204 \$29.75
Know Your Body Health Kit (Gr. 3) (Note: The five puppets were not authorized.)	2000	Kendall/Hunt Publishing Co.	Authorized Teaching 3	LRC Pending
Lions-Quest: Skills for Growing: 3 (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching 3	Publisher / Distributor (By Inservice Only)







# Health and Life Skills Authorized Alberta Resources

## GRADE 4

### General Outcome 1 – Wellness Choices

#### Please Note:

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Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Adventures of Dowzer (Fire and Burn Prevention Program)	1999	Dowzer Communications Group Inc.	Authorized Teaching 2, 3, 4	LRC 440462 \$52.65
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
The Dangers of Smoking <i>Smokin' Somebody Stop Me!</i>	1999	Jeflyn Media Consultants	Support 4, 5, 6	LRC / Publisher / Distributor Pending
Drugs and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 4, 5	LRC Pending
Exercise and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 2, 3, 4, 5	LRC Pending
Food and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 2, 3, 4, 5	LRC Pending
Guide to the Control of Communicable Diseases (Pamphlet; Poster)	1998	Capital Health Community Health Promotion	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Healthy Lifestyle Choices for Cancer Prevention: Resource for Teachers	2000	Alberta Cancer Board, Division of Epidemiology	Authorized Teaching 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Hygiene and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 2, 3, 4, 5	LRC Pending
Kids with Diabetes in Your Care: A Practical Guide	1998	Canadian Diabetes Association	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	Vendor Direct (Available Free of Charge)
Lions-Quest: Skills for Growing: 4 (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching 4	Publisher / Distributor (By Inservice Only)
PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Teacher's Guide: Grades 4-6 <i>PROJECT APEX</i>	1999	Dairy Nutrition Council of Alberta	Authorized Teaching 3, 4, 5, 6	Publisher / Distributor (By Inservice Only)

# Health and Life Skills Authorized Alberta Resources

## GRADE 4

### General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Action Pack <i>PROJECT APEX</i>	1999	Dairy Nutrition Council of Alberta	Authorized Teaching 3, 4, 5, 6	Publisher / Distributor (By Inservice Only)
Second Step: A Violence Prevention Curriculum: Grades 4–5 (2nd Ed.)	1997	Committee for Children	Authorized Teaching 4, 5	Vendor Direct
Sense & Nonsense: Making Decisions about Drugs: Teacher Resource - Grades 4, 5 & 6	1998	AADAC Resource Development and Marketing	Authorized Teaching 4, 5, 6	Vendor Direct
Sun Sense	1997	MarshMedia / Omega Films	Support 4	LRC / Publisher / Distributor Pending
Why Kids Smoke <i>Smokin' Somebody Stop Me!</i>	1999	Jeflyn Media Consultants	Support 4, 5, 6	LRC / Publisher / Distributor Pending



# Health and Life Skills Authorized Alberta Resources

## GRADE 4

### General Outcome 2 – Relationship Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
50 Activities for Teaching Emotional Intelligence: Level I: Elementary <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	LRC 438805 \$32.60
Helping Kids Manage Grief, Fear and Anger	2000	Monarch Books of Canada	Authorized Teaching 4, 7, 8, 9	LRC 440305 \$29.45
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Lions-Quest: Skills for Growing: 4 (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching 4	Publisher / Distributor (By Inservice Only)
Managing Conflict: Strategies, Activities and Role Plays for Kids	1995	Monarch Books of Canada	Authorized Teaching 3, 4, 5, 6, 7, 8	LRC 438780 \$34.70
Manners Matter	1999	MarshMedia / Omega Films	Support 4, 5, 6	LRC / Publisher / Distributor
Second Step: A Violence Prevention Curriculum: Grades 4-5 (2nd Ed.)	1997	Committee for Children	Authorized Teaching 4, 5	Vendor Direct
Teasing and Bullying: Unacceptable Behaviour: The TAB Program	2000	Institute for Stuttering Treatment and Research	Authorized Teaching 3, 4, 5	LRC 440173 \$87.70
The Virtues Project™: Simple Ways to Create a Culture of Character: Educator's Guide	1998	Monarch Books of Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	LRC 438798 \$42.05





# Health and Life Skills Authorized Alberta Resources GRADE 4

## General Outcome 3 – Life Learning Choices

### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Athletic Trainer <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439556 \$23.15
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
Director: Film, TV, Radio, and Stage <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439564 \$23.15
50 Activities for Teaching Emotional Intelligence: Level I: Elementary <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	LRC 438805 \$32.60
Graphic Designer <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439580 \$23.15
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Licensed Practical Nurse <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439605 \$23.15
Lions-Quest: Skills for Growing: 4 (2nd Ed.) <i>Lions-Quest: Skills for Growing</i>	1998	Lions-Quest Canada	Authorized Teaching 4	Publisher / Distributor (By Inservice Only)
The Little Trapper	1999	National Film Board	Support 4, 5, 6	Vendor Direct
Marine Biologist <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439621 \$23.15
Mechanical Drafter <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439548 \$23.15



**Health and Life Skills  
Authorized Alberta Resources**

**GRADE 4**

**General Outcome 3 – Life Learning Choices (Continued)**

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Pediatrician <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439639 \$23.15
The Virtues Project™: Simple Ways to Create a Culture of Character: Educator's Guide	1998	Monarch Books of Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	LRC 438798 \$42.05



# Health and Life Skills Authorized Alberta Resources

## GRADE 5

### General Outcome 1 – Wellness Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
The Dangers of Smoking <i>Smokin' Somebody Stop Me!</i>	1999	Jeflyn Media Consultants	Support 4, 5, 6	LRC / Publisher / Distributor Pending
Drugs and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 4, 5	LRC Pending
Exercise and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 2, 3, 4, 5	LRC Pending
Food and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 2, 3, 4, 5	LRC Pending
Guide to the Control of Communicable Diseases (Pamphlet; Poster)	1998	Capital Health Community Health Promotion	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Healthy Lifestyle Choices for Cancer Prevention: Resource for Teachers	2000	Alberta Cancer Board, Division of Epidemiology	Authorized Teaching 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Hygiene and Your Health <i>Health Matters</i>	1998	Saunders Book Company	Support 2, 3, 4, 5	LRC Pending
Improving the Odds	1996	Alberta Tobacco Reduction Alliance (ATRA)	Support 5, 6, 7, 8	LRC Pending
Improving the Odds: Interactive Tobacco Prevention Module	1996	Alberta Tobacco Reduction Alliance (ATRA)	Support 5, 6, 7, 8	LRC Pending
Improving the Odds: Teacher's Guide	1996	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 5, 6, 7, 8	LRC Pending
Kids with Diabetes in Your Care: A Practical Guide	1998	Canadian Diabetes Association	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	Vendor Direct (Available Free of Charge)

# Health and Life Skills Authorized Alberta Resources

## GRADE 5

### General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Teacher's Guide: Grades 4-6 <i>PROJECT APEX</i>	1999	Dairy Nutrition Council of Alberta	Authorized Teaching 3, 4, 5, 6	Publisher / Distributor (By Inservice Only)
PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Action Pack <i>PROJECT APEX</i>	1999	Dairy Nutrition Council of Alberta	Authorized Teaching 3, 4, 5, 6	Publisher / Distributor (By Inservice Only)
Second Step: A Violence Prevention Curriculum: Grades 4-5 (2nd Ed.)	1997	Committee for Children	Authorized Teaching 4, 5	Vendor Direct
Sense & Nonsense: Healthy Choices about Alcohol, Drugs and Gambling: Grade 4	1997	AADAC Resource Development and Marketing	Authorized Teaching 5	Vendor Direct
Sense & Nonsense: Healthy Choices about Alcohol, Drugs and Gambling: Grade 5	1997	AADAC Resource Development and Marketing	Authorized Teaching 5, 6, 7, 8	Vendor Direct
Sense & Nonsense: Making Decisions about Drugs: Teacher Resource - Grades 4, 5 & 6	1998	AADAC Resource Development and Marketing	Authorized Teaching 4, 5, 6	Vendor Direct
Staying Free: Spell It Out, Drugs	1999	R & B Game and Toy Developers Inc.	Support 5	LRC 440701 \$23.35
Straight Goods for Girls on Drugs and Alcohol	1999	AADAC Resource Development and Marketing	Support 5, 6, 7, 8	Vendor Direct
Teen Tobacco Reduction Project (Grande Prairie, Peace River, Slave Lake, Athabasca) (Video and print Project Report)		Alberta Cancer Board, Division of Epidemiology / Alberta Tobacco Reduction Alliance (ATRA)	Support 5, 6, 7, 8	LRC Pending
Whatsa Hygiene?	1999	KineticVideoCom/MarshMedia/Omega Films Limited	Support 5, 6	ACCESS the Education Station
Why Kids Smoke <i>Smokin' Somebody Stop Me!</i>	1999	Jefflyn Media Consultants	Support 4, 5, 6	LRC / Publisher / Distributor Pending





# Health and Life Skills Authorized Alberta Resources

## GRADE 5

### General Outcome 2 – Relationship Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
50 Activities for Teaching Emotional Intelligence: Level I: Elementary <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	LRC 438805 \$32.60
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
The Make It Real Game: Facilitator's Kit: Elementary School Edition	1999	National Life/Work Centre	Authorized Teaching 5, 6	LRC 442179 \$227.95
Managing Conflict: Strategies, Activities and Role Plays for Kids	1995	Monarch Books of Canada	Authorized Teaching 3, 4, 5, 6, 7, 8	LRC 438780 \$34.70
Manners Matter	1999	MarshMedia / Omega Films	Support 4, 5, 6	LRC / Publisher / Distributor
Second Step: A Violence Prevention Curriculum: Grades 4-5 (2nd Ed.)	1997	Committee for Children	Authorized Teaching 4, 5	Vendor Direct
Teasing and Bullying: Unacceptable Behaviour: The TAB Program	2000	Institute for Stuttering Treatment and Research	Authorized Teaching 3, 4, 5	LRC 440173 \$87.70
The Virtues Project™: Simple Ways to Create a Culture of Character: Educator's Guide	1998	Monarch Books of Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	LRC 438798 \$42.05





# Health and Life Skills Authorized Alberta Resources

## GRADE 5

### General Outcome 3 – Life Learning Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Athletic Trainer <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439556 \$23.15
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
Director: Film, TV, Radio, and Stage <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439564 \$23.15
50 Activities for Teaching Emotional Intelligence: Level I: Elementary <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	LRC 438805 \$32.60
Graphic Designer <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439580 \$23.15
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Licensed Practical Nurse <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439605 \$23.15
The Little Trapper	1999	National Film Board	Support 4, 5, 6	Vendor Direct
The Make It Real Game: Facilitator's Kit: Elementary School Edition	1999	National Life/Work Centre	Authorized Teaching 5, 6	LRC 442179 \$227.95
Marine Biologist <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439621 \$23.15
Mechanical Drafter <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439548 \$23.15
Pediatrician <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439639 \$23.15

**Health and Life Skills  
Authorized Alberta Resources**

**GRADE 5**

**General Outcome 3 – Life Learning Choices (Continued)**

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Virtues Project™: Simple Ways to Create a Culture of Character: Educator's Guide	1998	Monarch Books of Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	LRC 438798 \$42.05



# Health and Life Skills Authorized Alberta Resources

## GRADE 6

### General Outcome 1 – Wellness Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
The Dangers of Smoking <i>Smokin' Somebody Stop Me!</i>	1999	Jeflyn Media Consultants	Support 4, 5, 6	LRC / Publisher / Distributor Pending
Guide to the Control of Communicable Diseases (Pamphlet; Poster)	1998	Capital Health Community Health Promotion	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Healthy Lifestyle Choices for Cancer Prevention: Resource for Teachers	2000	Alberta Cancer Board, Division of Epidemiology	Authorized Teaching 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Improving the Odds	1996	Alberta Tobacco Reduction Alliance (ATRA)	Support 5, 6, 7, 8	LRC Pending
Improving the Odds: Interactive Tobacco Prevention Module	1996	Alberta Tobacco Reduction Alliance (ATRA)	Support 5, 6, 7, 8	LRC Pending
Improving the Odds: Teacher's Guide	1996	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 5, 6, 7, 8	LRC Pending
Kids with Diabetes in Your Care: A Practical Guide	1998	Canadian Diabetes Association	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	Vendor Direct (Available Free of Charge)
PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Teacher's Guide: Grades 4-6 <i>PROJECT APEX</i>	1999	Dairy Nutrition Council of Alberta	Authorized Teaching 3, 4, 5, 6	Publisher / Distributor (By Inservice Only)
PROJECT APEX: Action Program on Eating and Exercise (Revised Edition): Action Pack <i>PROJECT APEX</i>	1999	Dairy Nutrition Council of Alberta	Authorized Teaching 3, 4, 5, 6	Publisher / Distributor (By Inservice Only)
Sense & Nonsense: Healthy Choices about Alcohol, Drugs and Gambling: Grade 5	1997	AADAC Resource Development and Marketing	Authorized Teaching 5, 6, 7, 8	Vendor Direct



# Health and Life Skills Authorized Alberta Resources

## GRADE 6

### General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Sense & Nonsense: Making Decisions about Drugs: Teacher Resource - Grades 4, 5 & 6	1998	AADAC Resource Development and Marketing	Authorized Teaching 4, 5, 6	Vendor Direct
Straight Goods for Girls on Drugs and Alcohol	1999	AADAC Resource Development and Marketing	Support 5, 6, 7, 8	Vendor Direct
Teen Tobacco Reduction Project (Grande Prairie, Peace River, Slave Lake, Athabasca) (Video and print Project Report)		Alberta Cancer Board, Division of Epidemiology / Alberta Tobacco Reduction Alliance (ATRA)	Support 5, 6, 7, 8	LRC Pending
Whatsa Hygiene?	1999	KineticVideoCom/M arshMedia/Omega Films Limited	Support 5, 6	ACCESS the Education Station
Why Kids Smoke <i>Smokin' Somebody Stop Me!</i>	1999	Jeflyn Media Consultants	Support 4, 5, 6	LRC / Publisher / Distributor Pending





# Health and Life Skills Authorized Alberta Resources

## GRADE 6

### General Outcome 2 – Relationship Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
50 Activities for Teaching Emotional Intelligence: Level I: Elementary <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	LRC 438805 \$32.60
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
The Make It Real Game: Facilitator's Kit: Elementary School Edition	1999	National Life/Work Centre	Authorized Teaching 5, 6	LRC 442179 \$227.95
Managing Conflict: Strategies, Activities and Role Plays for Kids	1995	Monarch Books of Canada	Authorized Teaching 3, 4, 5, 6, 7, 8	LRC 438780 \$34.70
Manners Matter	1999	MarshMedia / Omega Films	Support 4, 5, 6	LRC / Publisher / Distributor
The Virtues Project™: Simple Ways to Create a Culture of Character: Educator's Guide	1998	Monarch Books of Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	LRC 438798 \$42.05





# Health and Life Skills Authorized Alberta Resources

## GRADE 6

### General Outcome 3 – Life Learning Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Athletic Trainer <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439556 \$23.15
Caring and Capable Kids: An Activity Guide for Teaching Kindness, Tolerance, Self-Control and Responsibility	1996	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438764 \$44.15
Character Builders: Responsibility & Trustworthiness: A K-6 Character Education Program	2000	Monarch Books of Canada	Authorized Teaching K, 1, 2, 3, 4, 5, 6	LRC 438772 \$35.75
Director: Film, TV, Radio, and Stage <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439564 \$23.15
50 Activities for Teaching Emotional Intelligence: Level I: Elementary <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 1, 2, 3, 4, 5, 6	LRC 438805 \$32.60
Graphic Designer <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439580 \$23.15
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Licensed Practical Nurse <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439605 \$23.15
The Little Trapper	1999	National Film Board	Support 4, 5, 6	Vendor Direct
The Make It Real Game: Facilitator's Kit: Elementary School Edition	1999	National Life/Work Centre	Authorized Teaching 5, 6	LRC 442179 \$227.95
Marine Biologist <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439621 \$23.15
Mechanical Drafter <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439548 \$23.15
Pediatrician <i>Career Exploration</i>	2000	Knowbuddy Resources	Support 4, 5, 6	LRC 439639 \$23.15

**Health and Life Skills  
Authorized Alberta Resources**

**GRADE 6**

**General Outcome 3 – Life Learning Choices (Continued)**

<b>Series / Title</b>	<b>Copyright Date</b>	<b>Distributor</b>	<b>Status / Grade(s)</b>	<b>Supplier / Order No. / Price</b>
The Virtues Project™: Simple Ways to Create a Culture of Character: Educator's Guide	1998	Monarch Books of Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	LRC 438798 \$42.05



# Health and Life Skills Authorized Alberta Resources

## GRADE 7

### General Outcome 1 – Wellness Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Active Edge: A Guide to Active Living for Teens: Partner Guide to The Eating Edge		Dairy Nutrition Council of Alberta	Authorized Teaching 7, 8, 9	Vendor Direct
The Art of Leadership: How to Be a Positive Influence in Your Home, School, and Community <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442434 \$26.05
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Creating Tobacco Free Schools: A Resource Guide	1998	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 7, 8, 9	LRC Pending
Creating Your Own Support System <i>Everything You Need to Know About...</i>	1996	Saunders Book Company	Support 7, 8, 9	LRC 442426 \$26.05
The Dangers of Tattooing and Body Piercing <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442450 \$26.05
Discover Health (Student Text)	1999	Psycan Corporation	Support 7, 8, 9	LRC 441220 \$71.35
Discover Health: Teacher's Edition	1999	Psycan Corporation	Authorized Teaching 7, 8, 9	LRC 441171 \$116.90
Discover Health: Teacher's Resource Library (CD-ROM) (Macintosh / Windows Version)	1999	Psycan Corporation	Authorized Teaching 7, 8, 9	LRC 441189 \$341.35
Drug Abuse <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442492 \$26.05
The Eating Edge: A Guide to Healthy Eating for Teens: Partner's Guide Grades 9-10		Dairy Nutrition Council of Alberta	Authorized Teaching 7, 8, 9	Vendor Direct
Effective Communication at School and at Work <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442400 \$26.05



# Health and Life Skills Authorized Alberta Resources

## GRADE 7

### General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Exploring the Issues: Promoting Peace and Preventing Violence <i>Lions-Quest: Skills for Action: Service • Character</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Exploring the Issues: Teens: Alcohol and Other Drugs <i>Lions-Quest: Skills for Action: Service • Character</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Grieving <i>Everything You Need to Know About...</i>	1997	Saunders Book Company	Support 7, 8, 9	LRC 442484 \$26.05
Guide to the Control of Communicable Diseases (Pamphlet; Poster)	1998	Capital Health Community Health Promotion	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Having an Addictive Personality <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442418 \$26.05
Healthy Lifestyle Choices for Cancer Prevention: Resource for Teachers	2000	Alberta Cancer Board, Division of Epidemiology	Authorized Teaching 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Improving the Odds	1996	Alberta Tobacco Reduction Alliance (ATRA)	Support 5, 6, 7, 8	LRC Pending
Improving the Odds: Interactive Tobacco Prevention Module	1996	Alberta Tobacco Reduction Alliance (ATRA)	Support 5, 6, 7, 8	LRC Pending
Improving the Odds: Teacher's Guide	1996	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 5, 6, 7, 8	LRC Pending
Kids with Diabetes in Your Care: A Practical Guide	1998	Canadian Diabetes Association	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	Vendor Direct (Available Free of Charge)
Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility	1999	Lions-Quest Canada	Authorized Teaching 7, 8, 9	LRC 441345 \$35.10
Lions-Quest: Working Toward a Safe School: Canadian Administrator's Guide <i>Lions-Quest: Working Toward Peace</i>	1996	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Curriculum Manual <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)

# Health and Life Skills Authorized Alberta Resources GRADE 7

## General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Poster Set <i>Lions-Quest: Working Toward Peace</i>		Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Student Book <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Support 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict and Preventing Violence (2nd Ed.) (Brochure) <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Making Healthy Decisions: Alcohol, Tobacco, and Other Drugs: Unit 1 (Student Book) <i>Making Healthy Decisions</i>	2000	Kendall/Hunt Publishing Co.	Support 7	LRC Pending
Making Healthy Decisions: Alcohol, Tobacco, and Other Drugs: Unit 1: Teacher's Guide <i>Making Healthy Decisions</i>	2000	Kendall/Hunt Publishing Co.	Authorized Teaching 7	LRC Pending
Making Healthy Decisions: Nutrition: Unit 2 (Student Book) <i>Making Healthy Decisions</i>	1997	Kendall/Hunt Publishing Co.	Support 7, 8, 9	LRC Pending
Making Healthy Decisions: Nutrition: Unit 2: Teacher's Guide <i>Making Healthy Decisions</i>	1997	Kendall/Hunt Publishing Co.	Authorized Teaching 7, 8, 9	LRC Pending
Nutrition File™ for Teens: Building Better Bones through Good Nutrition	2000	Dairy Nutrition Council of Alberta	Authorized Teaching 7, 8, 9	LRC 441238 \$21.05
Sense & Nonsense: Healthy Choices about Alcohol, Drugs and Gambling: Grade 5	1997	AADAC Resource Development and Marketing	Authorized Teaching 5, 6, 7, 8	Vendor Direct
Sense & Nonsense: Healthy Choices about Alcohol, Drugs and Gambling: Grade 6	1997	AADAC Resource Development and Marketing	Authorized Teaching 7, 8	Vendor Direct
Sports Injuries <i>Everything You Need to Know About...</i>	1995	Saunders Book Company	Support 7, 8, 9	LRC 442476 \$26.05
STOP: Stomp Tobacco Out Please!: A Tobacco Cessation Program for Young Teens (Grades 7-9): Facilitator's Manual	1997	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 7, 8	LRC Pending
Straight Goods for Girls on Drugs and Alcohol	1999	AADAC Resource Development and Marketing	Support 5, 6, 7, 8	Vendor Direct

# Health and Life Skills Authorized Alberta Resources

## GRADE 7

### General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Stress <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442468 \$26.05
Teen Health: Course 3 (Student Text)	1999	McGraw-Hill Ryerson Ltd.	Support 7, 8, 9	LRC Pending
Teen Health: Course 3: Teacher's Wraparound Edition	1999	McGraw-Hill Ryerson Ltd.	Authorized Teaching 7, 8, 9	LRC Pending
Teen Suicide <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442442 \$26.05
Teen Tobacco Reduction Project (Grande Prairie, Peace River, Slave Lake, Athabasca) (Video and print Project Report)		Alberta Cancer Board, Division of Epidemiology / Alberta Tobacco Reduction Alliance (ATRA)	Support 5, 6, 7, 8	LRC Pending



# Health and Life Skills Authorized Alberta Resources GRADE 7

## General Outcome 2 – Relationship Choices

**Please Note:**

This list is current as of March 2001. Additional resources are under review.

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Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Art of Leadership: How to Be a Positive Influence in Your Home, School, and Community <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442434 \$26.05
Assertiveness: "How Can I Say What I Mean?" <i>Perspectives on Relationships</i>	2000	Knowbuddy Resources	Support 7, 8	LRC 438300 \$24.60
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Creating Tobacco Free Schools: A Resource Guide	1998	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 7, 8, 9	LRC Pending
Creating Your Own Support System <i>Everything You Need to Know About...</i>	1996	Saunders Book Company	Support 7, 8, 9	LRC 442426 \$26.05
The Dangers of Tattooing and Body Piercing <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442450 \$26.05
Discover Health (Student Text)	1999	Psycan Corporation	Support 7, 8, 9	LRC 441220 \$71.35
Discover Health: Teacher's Edition	1999	Psycan Corporation	Authorized Teaching 7, 8, 9	LRC 441171 \$116.90
Discover Health: Teacher's Resource Library (CD-ROM) (Macintosh / Windows Version)	1999	Psycan Corporation	Authorized Teaching 7, 8, 9	LRC 441189 \$341.35
Drug Abuse <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442492 \$26.05
Effective Communication at School and at Work <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442400 \$26.05
Exploring the Issues: Promoting Peace and Preventing Violence <i>Lions-Quest: Skills for Action: Service • Character</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)



# Health and Life Skills Authorized Alberta Resources

## GRADE 7

### General Outcome 2 – Relationship Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
50 Activities for Teaching Emotional Intelligence: Level II: Middle School <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 7, 8, 9	LRC 441163 \$32.60
Grieving <i>Everything You Need to Know About...</i>	1997	Saunders Book Company	Support 7, 8, 9	LRC 442484 \$26.05
Having an Addictive Personality <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442418 \$26.05
Helping Kids Manage Grief, Fear and Anger	2000	Monarch Books of Canada	Authorized Teaching 4, 7, 8, 9	LRC 440305 \$29.45
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility	1999	Lions-Quest Canada	Authorized Teaching 7, 8, 9	LRC 441345 \$35.10
Lions-Quest: Working Toward a Safe School: Canadian Administrator's Guide <i>Lions-Quest: Working Toward Peace</i>	1996	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Curriculum Manual <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Poster Set <i>Lions-Quest: Working Toward Peace</i>		Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Student Book <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Support 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict and Preventing Violence (2nd Ed.) (Brochure) <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Making Healthy Decisions: Alcohol, Tobacco, and Other Drugs: Unit 1 (Student Book) <i>Making Healthy Decisions</i>	2000	Kendall/Hunt Publishing Co.	Support 7	LRC Pending
Making Healthy Decisions: Alcohol, Tobacco, and Other Drugs: Unit 1: Teacher's Guide <i>Making Healthy Decisions</i>	2000	Kendall/Hunt Publishing Co.	Authorized Teaching 7	LRC Pending



# Health and Life Skills Authorized Alberta Resources

## GRADE 7

### General Outcome 2 – Relationship Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Managing Conflict: Strategies, Activities and Role Plays for Kids	1995	Monarch Books of Canada	Authorized Teaching 3, 4, 5, 6, 7, 8	LRC 438780 \$34.70
Module 1: Settling Differences with Peers <i>BeCool: Reconciling Differences (Middle School - Part 2)</i>		James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 2: Coping with Teasing <i>BeCool: Middle School - Part 1: Coping with Difficult</i>	1997	James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 2: Resolving Conflicts with Peers <i>BeCool: Reconciling Differences (Middle School - Part 2)</i>		James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 3: Coping with Bullying <i>BeCool: Middle School - Part 1: Coping with Difficult</i>	1997	James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 3: Settling Differences with Authority <i>BeCool: Reconciling Differences (Middle School - Part 2)</i>		James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 4: Coping with Anger / Other <i>BeCool: Middle School - Part 1: Coping with Difficult</i>	1997	James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 4: Resolving Conflicts with Authority <i>BeCool: Reconciling Differences (Middle School - Part 2)</i>		James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 5: Coping with Anger / Self <i>BeCool: Middle School - Part 1: Coping with Difficult</i>	1997	James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
The Real Game (Junior High / Middle School Edition) (Revised): Facilitator's Kit <i>Real Game Series</i>	1999	National Life/Work Centre, Memramcook Institute	Authorized Teaching 7, 8	LRC Pending
Sports Injuries <i>Everything You Need to Know About...</i>	1995	Saunders Book Company	Support 7, 8, 9	LRC 442476 \$26.05
Stress <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442468 \$26.05
Teen Health: Course 3 (Student Text)	1999	McGraw-Hill Ryerson Ltd.	Support 7, 8, 9	LRC Pending
Teen Health: Course 3: Teacher's Wraparound Edition	1999	McGraw-Hill Ryerson Ltd.	Authorized Teaching 7, 8, 9	LRC Pending

# Health and Life Skills Authorized Alberta Resources

## GRADE 7

### General Outcome 2 – Relationship Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Teen Suicide <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442442 \$26.05
The Virtues Project™: Simple Ways to Create a Culture of Character: Educator's Guide	1998	Monarch Books of Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	LRC 438798 \$42.05



# Health and Life Skills Authorized Alberta Resources GRADE 7

## General Outcome 3 – Life Learning Choices

### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Art of Leadership: How to Be a Positive Influence in Your Home, School, and Community <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442434 \$26.05
Creating Your Own Support System <i>Everything You Need to Know About...</i>	1996	Saunders Book Company	Support 7, 8, 9	LRC 442426 \$26.05
The Dangers of Tattooing and Body Piercing <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442450 \$26.05
Drug Abuse <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442492 \$26.05
Effective Communication at School and at Work <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442400 \$26.05
50 Activities for Teaching Emotional Intelligence: Level II: Middle School <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 7, 8, 9	LRC 441163 \$32.60
Grieving <i>Everything You Need to Know About...</i>	1997	Saunders Book Company	Support 7, 8, 9	LRC 442484 \$26.05
Having an Addictive Personality <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442418 \$26.05
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility	1999	Lions-Quest Canada	Authorized Teaching 7, 8, 9	LRC 441345 \$35.10
The Real Game (Junior High / Middle School Edition) (Revised): Facilitator's Kit <i>Real Game Series</i>	1999	National Life/Work Centre, Memramcook Institute	Authorized Teaching 7, 8	LRC Pending
Sports Injuries <i>Everything You Need to Know About...</i>	1995	Saunders Book Company	Support 7, 8, 9	LRC 442476 \$26.05

# Health and Life Skills Authorized Alberta Resources

## GRADE 7

### General Outcome 3 – Life Learning Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Stress <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442468 \$26.05
Teen Health: Course 3 (Student Text)	1999	McGraw-Hill Ryerson Ltd.	Support 7, 8, 9	LRC Pending
Teen Health: Course 3: Teacher's Wraparound Edition	1999	McGraw-Hill Ryerson Ltd.	Authorized Teaching 7, 8, 9	LRC Pending
Teen Suicide <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442442 \$26.05
The Virtues Project™: Simple Ways to Create a Culture of Character: Educator's Guide	1998	Monarch Books of Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	LRC 438798 \$42.05



# Health and Life Skills Authorized Alberta Resources

## GRADE 8

### General Outcome 1 – Wellness Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Active Edge: A Guide to Active Living for Teens: Partner Guide to The Eating Edge		Dairy Nutrition Council of Alberta	Authorized Teaching 7, 8, 9	Vendor Direct
The Art of Leadership: How to Be a Positive Influence in Your Home, School, and Community <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442434 \$26.05
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Creating Tobacco Free Schools: A Resource Guide	1998	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 7, 8, 9	LRC Pending
Creating Your Own Support System <i>Everything You Need to Know About...</i>	1996	Saunders Book Company	Support 7, 8, 9	LRC 442426 \$26.05
The Dangers of Tattooing and Body Piercing <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442450 \$26.05
Depression <i>Perspectives on Mental Health</i>	2000	Knowbuddy Resources	Authorized Teaching 8, 9	LRC 438293 \$24.60
Discover Health (Student Text)	1999	Psycan Corporation	Support 7, 8, 9	LRC 441220 \$71.35
Discover Health: Teacher's Edition	1999	Psycan Corporation	Authorized Teaching 7, 8, 9	LRC 441171 \$116.90
Discover Health: Teacher's Resource Library (CD-ROM) (Macintosh / Windows Version)	1999	Psycan Corporation	Authorized Teaching 7, 8, 9	LRC 441189 \$341.35
Drug Abuse <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442492 \$26.05
The Eating Edge: A Guide to Healthy Eating for Teens: Partner's Guide Grades 9-10		Dairy Nutrition Council of Alberta	Authorized Teaching 7, 8, 9	Vendor Direct



# Health and Life Skills Authorized Alberta Resources GRADE 8

## General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Effective Communication at School and at Work <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442400 \$26.05
Exploring the Issues: Promoting Peace and Preventing Violence <i>Lions-Quest: Skills for Action: Service • Character</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Exploring the Issues: Teens: Alcohol and Other Drugs <i>Lions-Quest: Skills for Action: Service • Character</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Exploring Your Horizons: Career and Personal Planning (Student Book)	1998	McGraw-Hill Ryerson Ltd.	Support 8, 9	LRC 440917 \$26.25
Exploring Your Horizons: Career and Personal Planning: Teacher's Resource	1998	McGraw-Hill Ryerson Ltd.	Authorized Teaching 8, 9	LRC 440925 \$63.10
Grieving <i>Everything You Need to Know About...</i>	1997	Saunders Book Company	Support 7, 8, 9	LRC 442484 \$26.05
Guide to the Control of Communicable Diseases (Pamphlet; Poster)	1998	Capital Health Community Health Promotion	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Having an Addictive Personality <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442418 \$26.05
Healthy Lifestyle Choices for Cancer Prevention: Resource for Teachers	2000	Alberta Cancer Board, Division of Epidemiology	Authorized Teaching 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Improving the Odds	1996	Alberta Tobacco Reduction Alliance (ATRA)	Support 5, 6, 7, 8	LRC Pending
Improving the Odds: Interactive Tobacco Prevention Module	1996	Alberta Tobacco Reduction Alliance (ATRA)	Support 5, 6, 7, 8	LRC Pending
Improving the Odds: Teacher's Guide	1996	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 5, 6, 7, 8	LRC Pending
Kids with Diabetes in Your Care: A Practical Guide	1998	Canadian Diabetes Association	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	Vendor Direct (Available Free of Charge)
Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility	1999	Lions-Quest Canada	Authorized Teaching 7, 8, 9	LRC 441345 \$35.10

# Health and Life Skills Authorized Alberta Resources

## GRADE 8

### General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Lions-Quest: Working Toward a Safe School: Canadian Administrator's Guide <i>Lions-Quest: Working Toward Peace</i>	1996	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Curriculum Manual <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Poster Set <i>Lions-Quest: Working Toward Peace</i>		Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Student Book <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Support 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict and Preventing Violence (2nd Ed.) (Brochure) <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Making Healthy Decisions: Nutrition: Unit 2 (Student Book) <i>Making Healthy Decisions</i>	1997	Kendall/Hunt Publishing Co.	Support 7, 8, 9	LRC Pending
Making Healthy Decisions: Nutrition: Unit 2: Teacher's Guide <i>Making Healthy Decisions</i>	1997	Kendall/Hunt Publishing Co.	Authorized Teaching 7, 8, 9	LRC Pending
Nutrition File™ for Teens: Building Better Bones through Good Nutrition	2000	Dairy Nutrition Council of Alberta	Authorized Teaching 7, 8, 9	LRC 441238 \$21.05
Sense & Nonsense: Healthy Choices about Alcohol, Drugs and Gambling: Grade 5	1997	AADAC Resource Development and Marketing	Authorized Teaching 5, 6, 7, 8	Vendor Direct
Sense & Nonsense: Healthy Choices about Alcohol, Drugs and Gambling: Grade 6	1997	AADAC Resource Development and Marketing	Authorized Teaching 7, 8	Vendor Direct
Sports Injuries <i>Everything You Need to Know About...</i>	1995	Saunders Book Company	Support 7, 8, 9	LRC 442476 \$26.05
STOP: Stomp Tobacco Out Please!: A Tobacco Cessation Program for Young Teens (Grades 7-9): Facilitator's Manual	1997	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 7, 8	LRC Pending
Straight Goods for Girls on Drugs and Alcohol	1999	AADAC Resource Development and Marketing	Support 5, 6, 7, 8	Vendor Direct

# Health and Life Skills Authorized Alberta Resources

## GRADE 8

### General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Stress <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442468 \$26.05
Stress Management <i>Perspectives on Mental Health</i>	2000	Knowbuddy Resources	Authorized Teaching 8, 9	LRC 438285 \$24.60
Teen Health: Course 3 (Student Text)	1999	McGraw-Hill Ryerson Ltd.	Support 7, 8, 9	LRC Pending
Teen Health: Course 3: Teacher's Wraparound Edition	1999	McGraw-Hill Ryerson Ltd.	Authorized Teaching 7, 8, 9	LRC Pending
Teen Suicide <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442442 \$26.05
Teen Tobacco Reduction Project (Grande Prairie, Peace River, Slave Lake, Athabasca) (Video and print Project Report)		Alberta Cancer Board, Division of Epidemiology / Alberta Tobacco Reduction Alliance (ATRA)	Support 5, 6, 7, 8	LRC Pending
You Can Make a Difference: Helping Young Women Choose a Tobacco-Free Lifestyle	1996	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 8, 9	LRC Pending



# Health and Life Skills Authorized Alberta Resources

## GRADE 8

### General Outcome 2 – Relationship Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Art of Leadership: How to Be a Positive Influence in Your Home, School, and Community <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442434 \$26.05
Assertiveness: "How Can I Say What I Mean?" <i>Perspectives on Relationships</i>	2000	Knowbuddy Resources	Support 7, 8	LRC 438300 \$24.60
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Creating Tobacco Free Schools: A Resource Guide	1998	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 7, 8, 9	LRC Pending
Creating Your Own Support System <i>Everything You Need to Know About...</i>	1996	Saunders Book Company	Support 7, 8, 9	LRC 442426 \$26.05
The Dangers of Tattooing and Body Piercing <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442450 \$26.05
Depression <i>Perspectives on Mental Health</i>	2000	Knowbuddy Resources	Authorized Teaching 8, 9	LRC 438293 \$24.60
Discover Health (Student Text)	1999	Psycan Corporation	Support 7, 8, 9	LRC 441220 \$71.35
Discover Health: Teacher's Edition	1999	Psycan Corporation	Authorized Teaching 7, 8, 9	LRC 441171 \$116.90
Discover Health: Teacher's Resource Library (CD-ROM) (Macintosh / Windows Version)	1999	Psycan Corporation	Authorized Teaching 7, 8, 9	LRC 441189 \$341.35
Drug Abuse <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442492 \$26.05
Effective Communication at School and at Work <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442400 \$26.05



# Health and Life Skills Authorized Alberta Resources GRADE 8

## General Outcome 2 – Relationship Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Exploring the Issues: Promoting Peace and Preventing Violence <i>Lions-Quest: Skills for Action: Service • Character</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Exploring Your Horizons: Career and Personal Planning (Student Book)	1998	McGraw-Hill Ryerson Ltd.	Support 8, 9	LRC 440917 \$26.25
Exploring Your Horizons: Career and Personal Planning: Teacher's Resource	1998	McGraw-Hill Ryerson Ltd.	Authorized Teaching 8, 9	LRC 440925 \$63.10
50 Activities for Teaching Emotional Intelligence: Level II: Middle School <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 7, 8, 9	LRC 441163 \$32.60
Grieving <i>Everything You Need to Know About...</i>	1997	Saunders Book Company	Support 7, 8, 9	LRC 442484 \$26.05
Having an Addictive Personality <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442418 \$26.05
Helping Kids Manage Grief, Fear and Anger	2000	Monarch Books of Canada	Authorized Teaching 4, 7, 8, 9	LRC 440305 \$29.45
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility	1999	Lions-Quest Canada	Authorized Teaching 7, 8, 9	LRC 441345 \$35.10
Lions-Quest: Working Toward a Safe School: Canadian Administrator's Guide <i>Lions-Quest: Working Toward Peace</i>	1996	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Curriculum Manual <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Poster Set <i>Lions-Quest: Working Toward Peace</i>		Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Student Book <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Support 7, 8, 9	Publisher / Distributor (By Inservice Only)



# Health and Life Skills Authorized Alberta Resources GRADE 8

## General Outcome 2 – Relationship Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict and Preventing Violence (2nd Ed.) (Brochure) <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Managing Conflict: Strategies, Activities and Role Plays for Kids	1995	Monarch Books of Canada	Authorized Teaching 3, 4, 5, 6, 7, 8	LRC 438780 \$34.70
Module 1: Settling Differences with Peers <i>BeCool: Reconciling Differences (Middle School - Part 2)</i>		James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 2: Coping with Teasing <i>BeCool: Middle School - Part 1: Coping with Difficult</i>	1997	James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 2: Resolving Conflicts with Peers <i>BeCool: Reconciling Differences (Middle School - Part 2)</i>		James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 3: Coping with Bullying <i>BeCool: Middle School - Part 1: Coping with Difficult</i>	1997	James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 3: Settling Differences with Authority <i>BeCool: Reconciling Differences (Middle School - Part 2)</i>		James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 4: Coping with Anger / Other <i>BeCool: Middle School - Part 1: Coping with Difficult</i>	1997	James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 4: Resolving Conflicts with Authority <i>BeCool: Reconciling Differences (Middle School - Part 2)</i>		James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
Module 5: Coping with Anger / Self <i>BeCool: Middle School - Part 1: Coping with Difficult</i>	1997	James Stanfield Publishing Company	Authorized Teaching 7, 8	LRC Pending
The Real Game (Junior High / Middle School Edition) (Revised): Facilitator's Kit <i>Real Game Series</i>	1999	National Life/Work Centre, Memramcook Institute	Authorized Teaching 7, 8	LRC Pending
Sports Injuries <i>Everything You Need to Know About...</i>	1995	Saunders Book Company	Support 7, 8, 9	LRC 442476 \$26.05
Stress <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442468 \$26.05
Stress Management <i>Perspectives on Mental Health</i>	2000	Knowbuddy Resources	Authorized Teaching 8, 9	LRC 438285 \$24.60

# Health and Life Skills Authorized Alberta Resources

## GRADE 8

### General Outcome 2 – Relationship Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Teen Health: Course 3 (Student Text)	1999	McGraw-Hill Ryerson Ltd.	Support 7, 8, 9	LRC Pending
Teen Health: Course 3: Teacher's Wraparound Edition	1999	McGraw-Hill Ryerson Ltd.	Authorized Teaching 7, 8, 9	LRC Pending
Teen Suicide <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442442 \$26.05
The Virtues Project™: Simple Ways to Create a Culture of Character: Educator's Guide	1998	Monarch Books of Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	LRC 438798 \$42.05



# Health and Life Skills Authorized Alberta Resources

## GRADE 8

### General Outcome 3 – Life Learning Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Art of Leadership: How to Be a Positive Influence in Your Home, School, and Community <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442434 \$26.05
Creating Your Own Support System <i>Everything You Need to Know About...</i>	1996	Saunders Book Company	Support 7, 8, 9	LRC 442426 \$26.05
The Dangers of Tattooing and Body Piercing <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442450 \$26.05
Drug Abuse <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442492 \$26.05
Effective Communication at School and at Work <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442400 \$26.05
Exploring Your Horizons: Career and Personal Planning (Student Book)	1998	McGraw-Hill Ryerson Ltd.	Support 8, 9	LRC 440917 \$26.25
Exploring Your Horizons: Career and Personal Planning: Teacher's Resource	1998	McGraw-Hill Ryerson Ltd.	Authorized Teaching 8, 9	LRC 440925 \$63.10
50 Activities for Teaching Emotional Intelligence: Level II: Middle School <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 7, 8, 9	LRC 441163 \$32.60
Grieving <i>Everything You Need to Know About...</i>	1997	Saunders Book Company	Support 7, 8, 9	LRC 442484 \$26.05
Having an Addictive Personality <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442418 \$26.05
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility	1999	Lions-Quest Canada	Authorized Teaching 7, 8, 9	LRC 441345 \$35.10

# Health and Life Skills Authorized Alberta Resources

## GRADE 8

### General Outcome 3 – Life Learning Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Real Game (Junior High / Middle School Edition) (Revised): Facilitator's Kit <i>Real Game Series</i>	1999	National Life/Work Centre, Memramcook Institute	Authorized Teaching 7, 8	LRC Pending
Sports Injuries <i>Everything You Need to Know About...</i>	1995	Saunders Book Company	Support 7, 8, 9	LRC 442476 \$26.05
Stress <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442468 \$26.05
Teen Health: Course 3 (Student Text)	1999	McGraw-Hill Ryerson Ltd.	Support 7, 8, 9	LRC Pending
Teen Health: Course 3: Teacher's Wraparound Edition	1999	McGraw-Hill Ryerson Ltd.	Authorized Teaching 7, 8, 9	LRC Pending
Teen Suicide <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442442 \$26.05
The Virtues Project™: Simple Ways to Create a Culture of Character: Educator's Guide	1998	Monarch Books of Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	LRC 438798 \$42.05





# Health and Life Skills Authorized Alberta Resources

## GRADE 9

### General Outcome 1 – Wellness Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Active Edge: A Guide to Active Living for Teens: Partner Guide to The Eating Edge		Dairy Nutrition Council of Alberta	Authorized Teaching 7, 8, 9	Vendor Direct
The Art of Leadership: How to Be a Positive Influence in Your Home, School, and Community <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442434 \$26.05
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Creating Tobacco Free Schools: A Resource Guide	1998	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 7, 8, 9	LRC Pending
Creating Your Own Support System <i>Everything You Need to Know About...</i>	1996	Saunders Book Company	Support 7, 8, 9	LRC 442426 \$26.05
The Dangers of Tattooing and Body Piercing <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442450 \$26.05
Depression <i>Perspectives on Mental Health</i>	2000	Knowbuddy Resources	Authorized Teaching 8, 9	LRC 438293 \$24.60
Discover Health (Student Text)	1999	Psycan Corporation	Support 7, 8, 9	LRC 441220 \$71.35
Discover Health: Teacher's Edition	1999	Psycan Corporation	Authorized Teaching 7, 8, 9	LRC 441171 \$116.90
Discover Health: Teacher's Resource Library (CD-ROM) (Macintosh / Windows Version)	1999	Psycan Corporation	Authorized Teaching 7, 8, 9	LRC 441189 \$341.35
Drug Abuse <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442492 \$26.05
The Eating Edge: A Guide to Healthy Eating for Teens: Partner's Guide Grades 9-10		Dairy Nutrition Council of Alberta	Authorized Teaching 7, 8, 9	Vendor Direct



# Health and Life Skills Authorized Alberta Resources GRADE 9

## General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Effective Communication at School and at Work <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442400 \$26.05
Exploring the Issues: Promoting Peace and Preventing Violence <i>Lions-Quest: Skills for Action: Service • Character</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Exploring the Issues: Teens: Alcohol and Other Drugs <i>Lions-Quest: Skills for Action: Service • Character</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Exploring Your Horizons: Career and Personal Planning (Student Book)	1998	McGraw-Hill Ryerson Ltd.	Support 8, 9	LRC 440917 \$26.25
Exploring Your Horizons: Career and Personal Planning: Teacher's Resource	1998	McGraw-Hill Ryerson Ltd.	Authorized Teaching 8, 9	LRC 440925 \$63.10
Grieving <i>Everything You Need to Know About...</i>	1997	Saunders Book Company	Support 7, 8, 9	LRC 442484 \$26.05
Guide to the Control of Communicable Diseases (Pamphlet; Poster)	1998	Capital Health Community Health Promotion	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Having an Addictive Personality <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442418 \$26.05
Healthy Lifestyle Choices for Cancer Prevention: Resource for Teachers	2000	Alberta Cancer Board, Division of Epidemiology	Authorized Teaching 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Kids with Diabetes in Your Care: A Practical Guide	1998	Canadian Diabetes Association	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	Vendor Direct (Available Free of Charge)
Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility	1999	Lions-Quest Canada	Authorized Teaching 7, 8, 9	LRC 441345 \$35.10
Lions-Quest: Working Toward a Safe School: Canadian Administrator's Guide <i>Lions-Quest: Working Toward Peace</i>	1996	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Curriculum Manual <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)

# Health and Life Skills Authorized Alberta Resources

## GRADE 9

### General Outcome 1 – Wellness Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Poster Set <i>Lions-Quest: Working Toward Peace</i>		Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Student Book <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Support 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict and Preventing Violence (2nd Ed.) (Brochure) <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Making Healthy Decisions: Nutrition: Unit 2 (Student Book) <i>Making Healthy Decisions</i>	1997	Kendall/Hunt Publishing Co.	Support 7, 8, 9	LRC Pending
Making Healthy Decisions: Nutrition: Unit 2: Teacher's Guide <i>Making Healthy Decisions</i>	1997	Kendall/Hunt Publishing Co.	Authorized Teaching 7, 8, 9	LRC Pending
Nutrition File™ for Teens: Building Better Bones through Good Nutrition	2000	Dairy Nutrition Council of Alberta	Authorized Teaching 7, 8, 9	LRC 441238 \$21.05
Sports Injuries <i>Everything You Need to Know About...</i>	1995	Saunders Book Company	Support 7, 8, 9	LRC 442476 \$26.05
Stress <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442468 \$26.05
Stress Management <i>Perspectives on Mental Health</i>	2000	Knowbuddy Resources	Authorized Teaching 8, 9	LRC 438285 \$24.60
Teen Health: Course 3 (Student Text)	1999	McGraw-Hill Ryerson Ltd.	Support 7, 8, 9	LRC Pending
Teen Health: Course 3: Teacher's Wraparound Edition	1999	McGraw-Hill Ryerson Ltd.	Authorized Teaching 7, 8, 9	LRC Pending
Teen Suicide <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442442 \$26.05
You Can Make a Difference: Helping Young Women Choose a Tobacco-Free Lifestyle	1996	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 8, 9	LRC Pending





# Health and Life Skills Authorized Alberta Resources

## GRADE 9

### General Outcome 2 – Relationship Choices

#### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
The Art of Leadership: How to Be a Positive Influence in Your Home, School, and Community <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442434 \$26.05
Creating Healthy School Communities through Comprehensive School Health: An Implementation Guide for Education/Health Systems and School Communities	2000	Community Nutrition Program - Alberta Health	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC Pending
Creating Tobacco Free Schools: A Resource Guide	1998	Alberta Tobacco Reduction Alliance (ATRA)	Authorized Teaching 7, 8, 9	LRC Pending
Creating Your Own Support System <i>Everything You Need to Know About...</i>	1996	Saunders Book Company	Support 7, 8, 9	LRC 442426 \$26.05
The Dangers of Tattooing and Body Piercing <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442450 \$26.05
Depression <i>Perspectives on Mental Health</i>	2000	Knowbuddy Resources	Authorized Teaching 8, 9	LRC 438293 \$24.60
Discover Health (Student Text)	1999	Psycan Corporation	Support 7, 8, 9	LRC 441220 \$71.35
Discover Health: Teacher's Edition	1999	Psycan Corporation	Authorized Teaching 7, 8, 9	LRC 441171 \$116.90
Discover Health: Teacher's Resource Library (CD-ROM) (Macintosh / Windows Version)	1999	Psycan Corporation	Authorized Teaching 7, 8, 9	LRC 441189 \$341.35
Drug Abuse <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442492 \$26.05
Effective Communication at School and at Work <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442400 \$26.05
Exploring the Issues: Promoting Peace and Preventing Violence <i>Lions-Quest: Skills for Action: Service • Character</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)



# Health and Life Skills Authorized Alberta Resources

## GRADE 9

### General Outcome 2 – Relationship Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Exploring Your Horizons: Career and Personal Planning (Student Book)	1998	McGraw-Hill Ryerson Ltd.	Support 8, 9	LRC 440917 \$26.25
Exploring Your Horizons: Career and Personal Planning: Teacher's Resource	1998	McGraw-Hill Ryerson Ltd.	Authorized Teaching 8, 9	LRC 440925 \$63.10
50 Activities for Teaching Emotional Intelligence: Level II: Middle School <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 7, 8, 9	LRC 441163 \$32.60
Grieving <i>Everything You Need to Know About...</i>	1997	Saunders Book Company	Support 7, 8, 9	LRC 442484 \$26.05
Having an Addictive Personality <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442418 \$26.05
Helping Kids Manage Grief, Fear and Anger	2000	Monarch Books of Canada	Authorized Teaching 4, 7, 8, 9	LRC 440305 \$29.45
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility	1999	Lions-Quest Canada	Authorized Teaching 7, 8, 9	LRC 441345 \$35.10
Lions-Quest: Working Toward a Safe School: Canadian Administrator's Guide <i>Lions-Quest: Working Toward Peace</i>	1996	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Curriculum Manual <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Poster Set <i>Lions-Quest: Working Toward Peace</i>		Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict, and Preventing Violence (2nd Ed.): Student Book <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Support 7, 8, 9	Publisher / Distributor (By Inservice Only)



# Health and Life Skills Authorized Alberta Resources

## GRADE 9

### General Outcome 2 – Relationship Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Lions-Quest: Working Toward Peace: Managing Anger, Resolving Conflict and Preventing Violence (2nd Ed.) (Brochure) <i>Lions-Quest: Working Toward Peace</i>	1995	Lions-Quest Canada	Authorized Teaching 7, 8, 9	Publisher / Distributor (By Inservice Only)
Sports Injuries <i>Everything You Need to Know About...</i>	1995	Saunders Book Company	Support 7, 8, 9	LRC 442476 \$26.05
Stress <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442468 \$26.05
Stress Management <i>Perspectives on Mental Health</i>	2000	Knowbuddy Resources	Authorized Teaching 8, 9	LRC 438285 \$24.60
Teen Health: Course 3 (Student Text)	1999	McGraw-Hill Ryerson Ltd.	Support 7, 8, 9	LRC Pending
Teen Health: Course 3: Teacher's Wraparound Edition	1999	McGraw-Hill Ryerson Ltd.	Authorized Teaching 7, 8, 9	LRC Pending
Teen Suicide <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442442 \$26.05
The Virtues Project™: Simple Ways to Create a Culture of Character: Educator's Guide	1998	Monarch Books of Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	LRC 438798 \$42.05





# Health and Life Skills Authorized Alberta Resources GRADE 9

## General Outcome 3 – Life Learning Choices

### Please Note:

This list is current as of March 2001. Additional resources are under review.

Alberta Learning strongly recommends that teachers read all selections in the student materials and all activities in the teacher materials prior to using them with students. Careful consideration should be given to the sensitivities of the student audience, the parent audience, and the community.

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
2000 Career Futures (Windows / Macintosh Version)	2000	CSG Careerware	Support 9	LRC Pending
The Art of Leadership: How to Be a Positive Influence in Your Home, School, and Community <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442434 \$26.05
The Be Real Game: Facilitator's Kit: High School Edition Grades 9/10	1998	National Life/Work Centre, Memramcook Institute	Authorized Teaching 9	LRC 441155 \$257.20
Creating Your Own Support System <i>Everything You Need to Know About...</i>	1996	Saunders Book Company	Support 7, 8, 9	LRC 442426 \$26.05
The Dangers of Tattooing and Body Piercing <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442450 \$26.05
Drug Abuse <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442492 \$26.05
Effective Communication at School and at Work <i>Everything You Need to Know About...</i>	2000	Saunders Book Company	Support 7, 8, 9	LRC 442400 \$26.05
Exploring Your Horizons: Career and Personal Planning (Student Book)	1998	McGraw-Hill Ryerson Ltd.	Support 8, 9	LRC 440917 \$26.25
Exploring Your Horizons: Career and Personal Planning: Teacher's Resource	1998	McGraw-Hill Ryerson Ltd.	Authorized Teaching 8, 9	LRC 440925 \$63.10
50 Activities for Teaching Emotional Intelligence: Level II: Middle School <i>50 Activities for Teaching Emotional Intelligence</i>	1996	Monarch Books of Canada	Authorized Teaching 7, 8, 9	LRC 441163 \$32.60
Grieving <i>Everything You Need to Know About...</i>	1997	Saunders Book Company	Support 7, 8, 9	LRC 442484 \$26.05
Having an Addictive Personality <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442418 \$26.05

# Health and Life Skills Authorized Alberta Resources

## GRADE 9

### General Outcome 3 – Life Learning Choices (Continued)

Series / Title	Copyright Date	Distributor	Status / Grade(s)	Supplier / Order No. / Price
Improving Classroom Behaviour: Savvy Solutions for Inattentive, Withdrawn and Aggressive Children (Macintosh / Windows Version)	1998	Savvy Knowledge Systems	Authorized Teaching K, 1, 2, 3, 4, 5, 6, 7, 8, 9	LRC 399148 \$31.55
Lions-Quest: Skills Bank: Service • Character • Citizenship • Responsibility	1999	Lions-Quest Canada	Authorized Teaching 7, 8, 9	LRC 441345 \$35.10
Sports Injuries <i>Everything You Need to Know About...</i>	1995	Saunders Book Company	Support 7, 8, 9	LRC 442476 \$26.05
Stress <i>Everything You Need to Know About...</i>	1998	Saunders Book Company	Support 7, 8, 9	LRC 442468 \$26.05
Teen Health: Course 3 (Student Text)	1999	McGraw-Hill Ryerson Ltd.	Support 7, 8, 9	LRC Pending
Teen Health: Course 3: Teacher's Wraparound Edition	1999	McGraw-Hill Ryerson Ltd.	Authorized Teaching 7, 8, 9	LRC Pending
Teen Suicide <i>Everything You Need to Know About...</i>	1999	Saunders Book Company	Support 7, 8, 9	LRC 442442 \$26.05
The Virtues Project™: Simple Ways to Create a Culture of Character: Educator's Guide	1998	Monarch Books of Canada	Authorized Teaching 4, 5, 6, 7, 8, 9	LRC 438798 \$42.05

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